

relieving the paroxysms of coughing, and allaying the temporary head symptoms so apt to occur in severe cases. It is an appropriate inquiry in this connection, whether the variable effects of the remedy may not, to some extent, be due to the varying quality of the article used.

The *bisulphite of soda* has appeared to prove effectual in erysipelas, and the malignant forms of scarlatina, diphtheria, and typhoid fever. The bisulphite of magnesia is the preferable form, because tasteless, and hence more easily administered.

Chloroform, administered internally, has been found to be an excellent stimulant and antispasmodic in the dose of, say, 20 drops in a little brandy. In a case of cramp of the stomach, reported by Dr. HUNT, relief was obtained by doses, the second given after an interval of ten minutes, when morphia and other remedies had failed. Dr. Love recommends, in cases of delirium tremens, the following prescription: R.—Chloroform ℥j; glycerine ℥ss; sulphate of morphia gr. ij; in doses of a teaspoonful every half hour until sleep is induced.

Appended to the report of the Standing Committee are short biographical notices of deceased members.

D. F. C.

ART. XXIX.—*Reports of American Hospitals for the Insane.*

1. *Of the New Hampshire Asylum, for the fiscal year 1867-68.*
2. *Of the Connecticut General Hospital, for the fiscal year 1867-68.*
3. *Of the Mass. State Hospital, at Worcester, for the fiscal year 1866-67.*
4. *Of the Mass. State Hospital, at Northampton, for the fiscal year 1866-67.*
5. *Of the New York State Asylum, for the fiscal year 1866-67.*
6. *Of the New York City Asylum, for the year 1867.*
7. *Of the Frankford Asylum, for the fiscal years 1866-67 and 1867-68.*
8. *Of the Mount Hope Retreat, for the year 1867.*
9. *Of the Longview Asylum, for the fiscal year 1866-67.*
10. *Of the Indiana Hospital, for the fiscal year 1866-67.*
11. *Of the Michigan Asylum, for the fiscal year 1866-67.*
12. *Of the Alabama Hospital, for the fiscal year 1866-67.*
13. *Of the California Hospital, for the fiscal years 1865-66 and 1866-67.*

1. The new building for thirty-six patients at the *New Hampshire Asylum for the Insane* was nearly complete at the date of the report in hand, and would be ready for occupation in June, 1868.

	Men.	Women.	Total.
Patients treated during the year ending April 30, 1868	177	187	364
Discharged, cured	21	30	51
Died	12	6	18

Died, from exhaustion of acute mania, 5; exhaustion of chronic mania, 6; epilepsy, 5; general paralysis, 5; and apoplexy, 2.

"Frequent lectures," says Dr. Bancroft, "concerts of music; dramatic rehearsals, in which patients sustain parts; readings; tableaux; social gatherings, with dancing: these, in addition to out-door labours and recreations, have, during the year, been quite freely employed, and with satisfactory results.

* * * * "The experience of the year has confirmed the views heretofore expressed of the important place which these moral agencies hold in the treatment of the insane. Whether they shorten the period of convalescence or not, it appears clear that they greatly mitigate the sense of sacrifice in absence from home and friends, and reduce materially the irksomeness of the limitations of personal freedom which restoration to mental health demands."

2. The corner-stone of the *General Hospital for the Insane* of the State of Connecticut was laid "with impressive and appropriate ceremonies" on the 20th of June, 1867. "The work has since been vigorously pushed on," and on the 1st of April, 1868, the date of Dr. Shew's report, which is now before

us, a permanent carpenter's shop, a laundry, bake-house, kitchen, and boiler-house, were completed.

"The south wing and return wing are fully completed and ready for occupancy on the first of May. The main or centre building is in an advanced state of forwardness; is roofed and painted, and will soon be finished."

3. The operations of the *Worcester Lunatic Hospital* during the official year ending with the close of September, 1867, furnish the following numerical results:—

	Men.	Women.	Total.
Whole number treated during the year	344	325	669
Discharged, cured	86	72	158
Died	26	17	43

Deaths from acute mania, 3; organic disease of brain, 3; phthisis, 8; disease of heart, 2; epilepsy, 7; general paralysis, 5; marasmus, 6; disease incident to old age, 5; exhaustion of chronic mania, 4.

Having mentioned cases in which death soon followed the admission of the patient, Dr. Bemis says: "While it is highly important that prompt measures be resorted to in the treatment of insanity, the most scrupulous care should be taken that the patient be not subjected to the exposure and fatigue attendant upon removal in a feeble and exhausted state of health." Upon the subject of treatment, he says: "Among the many physical conditions of mental disease, perhaps no one requires more frequent attention, or is oftener overlooked, than that disordered state of the stomach and bowels which so often gives rise to constipation; sometimes alternating with diarrhœa, and accompanied with indigestion, flatulence and eructations, anorexia and nausea, transient pains in the hypochondria, livid and yellow suffusions of the skin, viscid secretions of the mouth, and offensive breath; that condition of the alimentary canal which, by sympathy, influences the brain, and gives rise to that general uneasiness and dissatisfaction which trouble so many persons so often; that state of the mind in which nothing in the affairs of life gives pleasure or hope; that quality of the affections which rejects all the attentions of friendship, all the kind offices of love, and produces also that depressing effect which diminishes the strength of the memory, blunts the imagination, and destroys the power of concentration."

"Kind and judicious conversation is, with very many, a powerful moral means of restoration to reason."

4. The general statistics of the *Northampton Lunatic Hospital*, for the official year 1866-67, are as follows:—

	Men.	Women.	Total.
Whole number treated	243	300	543
Discharged, cured	22	19	41
Died	23	24	47

Deaths from phthisis, 19; marasmus, 8; paralysis, 5; epilepsy, 3; suicide, 3; typhomania, 2; convulsions, 2; paresis, diarrhœa, dysentery, abscess, and injury, 1 each.

"There is one feature," in the course of lectures delivered last year, says Dr. Earle, "to which I desire to direct your attention; and that is, that no less than six of the discourses were upon diseases of the brain which are accompanied by mental disorder. This is the first time that an audience of insane persons ever listened to a course of lectures upon their own malady. When we remember how cautiously any allusion to the insanity of a person is generally avoided when in conversation with him; and further still, in view of the prevalent fear of the insane in the popular mind, the attempt to entertain a gathering of more than two hundred and fifty mental aliens by discourses upon their disorder, may, by some persons, be regarded as hazardous. It must be confessed that, notwithstanding my long experience with this class of persons, the attempt was approached with some doubts and misgivings. It was considered possible, both that offence might be given, and that some of the most excitable patients might become noisy by speech and turbulent in action, and

that the tumult might extend until the only resource would be in an adjournment to home quarters.

"The event demonstrated the folly of any fears on those grounds, and triumphantly vindicated any claims which might have been advanced by the patients of being *reasonable*, if not wholly rational. No public speaker need desire a more quiet audience than that at each of the six lectures in question. By the more intelligent of the patients they were considered the most interesting lectures of the course; and, to a large extent, they were the subject of daily discussion among them."

5. At the *New York State Lunatic Asylum*, the general results of the operations for the fiscal year 1866-67, were as follows:—

	Men.	Women.	Total.
Number treated	541	501	1042
Discharged, cured	79	80	159
Died	28	23	51

Causes of Death.—Phthisis pulmonalis, 16; general paresis, 8; exhaustion from mental disease, 11; paralysis, 4; old age and exhaustion, 4; suicide, 2; apoplexy, 2; meningitis, epilepsy, heart disease, and gastritis, 1 each.

"The general principles of treatment in insanity," says Dr. Gray, "correspond in a remarkable manner with the means which experience has shown to be useful in other nervous affections. In all states of acute irritation of any portion of the nervous system, we permit the strictest observance of that quiet which is instinctively sought by the patient. In many chronic nervous diseases, on the other hand (for example, conditions of muscular weakness), we pay no heed to the sensation of weakness felt by the patient; we know that it is rather by combating this sensation, so that he has frequently, at the commencement, to be half compelled to resume muscular action and exertion, that the normal innervation will again be ushered in and established. Brodie has repeatedly called attention to this point in the treatment of neuralgic and sub-paralytic conditions of the extremities.

"A very extended experience has shown that the above-mentioned requisites can, for the most part, only be complied with by totally changing the occupations of the patient, by entirely removing him from his usual neighbourhood, and by exposing him to the influence of new and perfectly different impressions."

Dr. Gray discusses at length the general plan of provision for the insane, and condemns asylums for the incurable.

6. In the tabular statements of the report of the *New York City Lunatic Asylum* for the year 1867, we find the following numbers:—

	Men.	Women.	Total.
Whole number treated during the year	564	877	1441
Discharged, cured			202
Died	59	63	122

Died of asthenia, 17; phthisis, 17; exhaustion from mania, 16; inanition, 11; diarrhoea, 9; *paralysie générale*, 7; chronic diarrhoea, 6; old age, 6; epilepsy, 6; congestion of brain, 4; suicide, 3; pleuro-pneumonia, 2; pneumonia, 2; drowned, 2; and 1 each of 15 other diseases and injuries.

7. The statistics of the *Frankford Asylum*, for the official year 1866-67; are as follows:—

Whole number treated during the year	89
Discharged, cured	7
Died	6

Died of metastatic rheumatism, acute mania, apoplexy, epilepsy, erysipelas, and inflammation of the liver, 1 each.

Dr. Worthington, in allusion to the hope of cure in chronic insanity, says: "One of the cases discharged, restored, during the past year, had been insane for three years prior to her admission, and recovered her reason after nearly three years more spent in the Asylum. Another case of more than five years'

duration, after a residence in the Asylum of nearly a year, passed in a state of extreme agitation and excitement, gradually became calm and rational, and after several weeks' trial at home, continued so well as to be discharged much improved, if not entirely restored to her usual mental health."

We proceed to the report for 1867-68:—

Number treated during the year	90
Discharged, cured	12
Died	6

Died of marasmus, 2; epilepsy, paralysis, chronic diarrhœa, and acute cerebral disease, 1 each.

In regard to moral treatment Dr. Worthington, says: "Much better than the employment of physical force in all but a few exceptional cases, for restraining their disorderly conduct, is the exercise of a salutary discipline, which by making the privileges they enjoy dependent on the measure of their own self-restraint, places before them the strongest inducements to conduct themselves with propriety. In a well-regulated hospital the whole course of treatment necessarily has the effect upon the patient to encourage the habit of self-restraint—the seclusion which is necessary for his safety and recovery diminishing by regular gradations as he approaches a healthy condition, he naturally desires to shorten its duration by getting well as rapidly as possible."

8. In the course of the year 1867, a large addition to the *Mt. Hope Retreat* was completed, and its apartments occupied by patients transferred from the Mt. Hope Institution. The statistics include the operations of both establishments:—

	Men.	Women.	Total.
Number treated during the year	242	140	382
Discharged, cured	20	28	48
Died	10	11	21

Besides the above, 37 cases of mania-a-potu were treated, one being in hospital January 1st, and 36 admitted in course of the year. They were all males. The results were: discharged, cured 33; died, 2; remaining, 2.

"Intemperance," says Dr. Stokes, "is the fruitful source of the great majority of the cases brought here for treatment, and in more than one instance, we have ascertained that the use of stimulants had been commenced at the recommendation of the medical adviser, as necessary for the maintenance of the health of the individual. Is not stimulation in disease too general and indiscriminate in the practice of the present day? We believe that the soundest medical experience will warrant this opinion."

9. The records of the *Longview Asylum*, for the official year 1866-67, present the following general results:—

	Men.	Women.	Total.
Number treated during the year	287	298	585
Discharged, cured	37	66	103
Died	21	22	43

Deaths from phthisis, 13; epilepsy, 6; apoplexy, 3; general paralysis, 3; maniacal exhaustion, 3; typhomania, 3; pneumonia, 2; marasmus, 2; general debility, 2; chronic diarrhœa, gastro-enteritis, hepatic abscess, typhoid fever, scrofula, and "in articulo mortis," 1 each.

Dr. Langdon's report is chiefly confined to matters of local interest. He says nothing in regard to the medical treatment of the insane, but, from two items in the table of expenditures, it may reasonably be inferred that he approves of stimulation. These items are:—

"Ales, wines, &c.	\$2286 03
Medicines	915 90"

10. The new wing of the *Indiana Hospital for the Insane*, mentioned in the report for 1866 as in progress, is nearly completed.

	Men.	Women.	Total.
Number treated during the year ending Oct. 31, 1867	257	249	506
Discharged, cured	65	60	125
Died	16	18	34

Died of exhaustion from acute mania, 20; exhaustion from chronic mania, 4; apoplexy, 1; general paralysis, 1; anæmia, 1; dysentery and maniacal exhaustion, 2; phthisis, 4; injury from fall, 1.

"The anniversary of the nation's independence was appropriately celebrated by the assembling in the grove of all the patients that could be permitted to leave the wards for such purpose, together with all the officers and most of the employees of the institution."

Dr. Lockhart's report is brief, and contains very little of general professional interest.

11. The general statistics of the *Michigan Asylum for the Insane*, for the official year 1866-67, are as follows:—

	Men.	Women.	Total.
Number treated during the year	114	128	242
Discharged, cured	15	13	28
Died	6	4	10

Died of phthisis, 3; general paralysis, 2; exhaustion, 2; paralysis, epilepsy and peritonitis, 1 each.

"The somewhat general impression," says Dr. Van Deusen, "that the child of a parent who has been insane is quite sure to suffer in the same manner, is by no means correct; it is often mischievous, in suspending over the former a painful and ever present apprehension, generally morbid in its influence, and of service, perhaps, when it leads to a judicious and healthful system of development and discipline, and more carefully regulated habits of life. It is evident enough that there can be no possible direct transmission to offspring in the case of a parent who, many years afterwards, from purely physical causes, may suffer from an attack of mental disease."

The number of insane in Michigan, in 1860, according to the national census, was 251; the number in 1864, as reported in the State census, was 645.

12. The *Alabama Insane Hospital* was opened on the 6th of July, 1861, soon after the beginning of the recent war. The report before us is the first that we have received. The subjoined statistics are for the fiscal year 1866-67:—

	Men.	Women.	Total.
Number treated during the year	90	61	151
Discharged, cured	7	6	13
Died	11	4	15

Died of exhaustion, 3; epilepsy, 3; marasmus, 2; phthisis, 2; pneumonia, meningitis, chronic dysentery, enteric fever, and ecthyma, 1 each.

Until recently but one wing of the building has been occupied by patients; a part of the other is now occupied by negroes.

In his remarks upon education, in its relations to insanity, Dr. Bryce says:—

"I do not think I exaggerate if I say, that, among the wealthier and better classes of society, more diligence is bestowed upon the development in youth of the feelings and emotions, than of the intellect. * * * * The philosophy of living, if I may so express it, seems to be founded on this modern principle. From the mimic discipline of the nursery to the decrees of a criminal court; in the amusements of the people; in their intercourse, religion, manners, pursuits, opinions, and pervading, to some extent, even their industrial avocations, there is a very decided infusion of factitious sentimentalism. The passions or emotions are more early and strongly developed than reflection, comparison, and judgment, and unless intelligently controlled and directed in the beginning, can hardly, in maturer life, submit to intellectual subordination.

With such persons, to feel is sufficient incentive to do, and the thinking faculties, because never cultivated, are always in abeyance. There is a class of patients in our insane hospitals—and they are much more numerous now than in former years, before the refinement which wealth and civilization confer had been attained—which painfully illustrate the truth of this statement."

13. A new building for the *Insane Asylum of California* was in process of construction in 1867. The first section of one wing was in operation in October, and the central edifice was nearly finished:—

	Men.	Women.	Total.
Number treated in two years ending Oct. 1, 1867	899	325	1224
Discharged, cured	198	58	256
Died	116	35	151

Deaths from consumption, 38; general paralysis, 36; paralysis, 4; paralysis and accidental choking, 1; apoplexy, 5; serous apoplexy, 1; meningitis, 1; acute encephalitis, 1; cerebral effusion, 6; chronic encephalitis, 1; convulsions, 1; epilepsy, 7; maniacal exhaustion, 14; marasmus, 8; scrofula, 2; scirrhus, 1; scirrhus of stomach, 1; syphilis, 2; uræmia, 2; old age, 2; gastro-enteritis, chronic diarrhœa, dropsy, anasarca, peritonitis, pyæmia, tuberculosis, hemorrhage of bowels, debility from intemperance, pulmonary apoplexy, anæmia, uterine hemorrhage, uterine disease, heart disease, abscess of liver, erysipelas, and suicide, 1 each.

More than one-fourth of the mortality from paralysis! to say nothing of that from other forms of organic cerebral disease. A sad illustration, indeed, of the havoc upon the cerebro-spinal system made by agencies which have operated with exaggerated force in California, owing to the peculiar circumstances of its settlement. That State, according to the report, already contains one insane person in "about every six hundred of its inhabitants." "The increase of the insane in California, in proportion to the population," remarks Dr. Shurtleff, "is more rapid than in any of the other States or in any part of Europe. For the past ten years it has averaged about fifty annually. Calling the average population, during the same period, five hundred thousand (an over estimate, but our insane represent rather more than the population of our own State), we find an annual increase of one insane person in every ten thousand of population."

Of 2598 cases admitted to the hospital, causes of the insanity were assigned in 1457. The six most prolific of these causes, together with the numbers attributed to each, are as follows: Masturbation, 287; ill health of various kinds, 252; intemperance, 196; religious excitement, 156; perplexities in business, 134; domestic unhappiness, 86; expensive and harassing litigation in the settlement of land titles is mentioned as a cause of insanity "almost exclusively Californian."

P. E.

ART. XXX.—*Researches on the Nature and Treatment of Diabetes.* By F. W. PAVY, M. D., F. R. S., F. R. C. P., Senior Assistant-physician to, and Lecturer on Physiology at, Guy's Hospital. Second edition, revised and enlarged. 8vo. pp. 297. London: John Churchill & Sons, 1869.

Dr. PAVY's views upon the hepatic functions and diabetes are familiar to the profession. In this second edition of his work they are reasserted, and supported by the author's additional experience together with the recent investigations of other physiologists. The book has been remodelled, and much improved by a more careful division into sections, of which that upon symptomatology is especially to be commended. It examines the abnormal conditions frequently associated with diabetes as well as those always manifested. We